



BTEC Assignment Brief

Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	Unit 8: Anatomy and Physiology for Exercise and Physical Activity
Learning aim	E: Explore the principles of biomechanics in exercise and physical activity
Assignment title	A written report reviewing the principles of biomechanics and kinesiology
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	Your college/school has recently partnered with a professional rugby union team. The senior coach of the first team has an interest in anatomy and physiology and is keen for his players to learn more about their bodies and the impact of exercise to help increase their performance in training and competition. The coach feels that the players would benefit from an understanding of the principles of biomechanics and kinesiology. Finally, you have been asked to write a report which includes a review of the principles of biomechanics and kinesiology. The players will be able to use this to further their understanding of how their bodies move during exercise and sports performance.
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Task 1	A written report reviewing the principles of biomechanics and kinesiology You have been asked to write a report which includes a review of the principles of biomechanics and kinesiology and how these principles are applied to participation in exercise. Within the report you should provide a detailed discussion on how knowledge of biomechanics can help to support participants taking part in exercise to help to reduce the risk of injury. You should explore a variety of different types of exercises and give with reasoning and suggestions as to how participants can use techniques to reduce the risk of getting injured. A summary of the suggested content for each section of your report follows: Section 1: Planes of movement • Frontal • Sagittal • Transverse
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		Section 2: Anatomical terms • Superior • Inferior • Anterior • Posterior • Medial • Lateral • Proximal • Distal • Superficial • Deep Section 3: The effect of exercise variables on biomechanics and kinesiology. • Stability • Momentum • Inertia • Torque • Base of support • Length-tension relationships • Muscle attachments and levers • Lack of biomechanical efficiency
Criteria covered by this task:		
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:	
E.P8	Explain the principles of biomechanics in exercise	
E.M5	Assess how the principles of biomechanics are	
E.D3	Evaluate how the principles of biomechanics can be used to reduce the risk of injury for participants taking part in.	
Checklist of evidence required	A written report reviewing the principles of biomechanics and kinesiology which includes the following: • Planes of movement • Anatomical terms • The effect of exercise variables on biomechanics and kinesiology	
Other assessment materials attached to this brief		